

## ABSTRACT

In a polarization method of the multi-layered piezoelectric body in which a plurality of piezoelectric layers and a plurality of internal electrodes are alternately laminated and adjacent piezoelectric layers are polarized in the thickness direction such that the polarized directions thereof are in opposite directions, a first polarization process in which an electric field in one direction is applied in the thickness direction to the multi-layered piezoelectric body and a polarization is uniformly performed in the thickness direction, and a secondary polarization process in which an electric field in the opposite direction is applied to the piezoelectric layers on both sides of one of the internal electrodes and the direction of polarization of only one of the piezoelectric layers on one side of the internal electrode is reversed are provided. The secondary polarization is performed in the range such that the remaining polarization degree  $Pr_2$  that exists after the secondary polarization in the piezoelectric layer 1b in which the direction of polarization is reversed does not exceed the remaining polarization degree of  $Pr_1$  that exists after the first polarization.